

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+



61 Durant Terrace



(860) 638-4540

www.middletownct.gov/seniors

NOVEMBER 2015



Senior Services Recipe Book

Deadline for submissions is 12/1/15



It's that time of year again! Last year's Recipe Book was a huge success! A special thank you to Toni Clayton for helping to make it such a success! Please consider submitting a recipe for this year's Recipe Book. The deadline is 12/1. Limit of 3 recipes per person. Recipe books will be on sale in December.

Name That Tune Bingo

Thursday, November 12th 1-3pm

This is a fun and interactive bingo game using song clips. Come and participate in this upbeat, toe-tapping and head bopping activity. You don't want to miss this one!! Sign-up early

so you don't miss out. Space is limited. \$1



BluesGrass Musical Entertainment

Tuesday, November 3rd at 12:30pm



Back by popular demand is the duo of Jon Swift and Mark White! BluesGrass features two experienced musicians who have been steeped for many years in American roots music, including blues, old-time, folk music, and bluegrass. Both are accomplished singers and their voices blend in close harmony. FREE—no pre-registration.

American Red Cross Presentation

Monday, November 9th at 1:30pm



The American Red Cross will be here to give a presentation on the many programs and services they provide to our community. Find out ways that you could get involved! They are in need of volunteers like you! Free, please pre-register and let us know you are coming.



American Red Cross Refreshments will be served.

Our Mailing List Has Been Updated!

Thanks to our wonderful volunteers, we have updated our mailing list. Only those members with a current registration form on file that have indicated that they want to receive the monthly newsletter are going to receive it. If you don't have a registration form on file, please fill one out and return it ASAP.



Early Bird Turkey Dinner

Thursday, November 19th at 3pm

Join us for a delicious Thanksgiving meal with all the fixins'. \$5 and pre-registration is required. Please sign-up early so you don't miss out. Registration for this program closes on 11/16.



New—Ask An Attorney Program Wednesday, November 4th 1-2:30pm

Legal questions? Need advice or guidance? The law firm of Farrell & Grochowski, P.C. are sponsoring this new "Ask An Attorney" program. By appointment only, those registering will be given a 15 minute time-slot to meet with an attorney for free. Please be prompt to your appointment and if you need to cancel your appointment, call the office. Space is limited. Based on interest, this will be a recurring program.



Law Offices
Farrell & Grochowski

Pizza & A Movie Monday, November 23rd at 1:00pm



This month's movie is "Woman In Gold" starring Helen Mirren, Ryan Reynolds, Katie Holmes, and Daniel Bruhl. This story about Maria Altmann, an octogenarian Jewish refugee, who takes on the Austrian government to recover artwork she believes rightfully belongs to her family. Based on some feedback we received, this month we

will be offering a choice of pizza: cheese, sausage, or veggie. Please indicate your choice when you pre-register for this program. \$3 to participate in this program. Registration closes on Friday, November 20th. PG-13, 109 minutes

Baking Mini Pies with Ann Tuesday, November 24th at 2pm



This month we will be making mini pumpkin pies. This is a fun, no pressure class where you take home what you make. Please plan to stay for 90 minutes. \$2 and pre-registration is required.



November Birthday Party Monday, November 16th 2:30pm

Sponsored by Water's Edge Center for Health & Rehabilitation. All are welcome. FREE

December Nutcracker Show Saturday, December 12th 11:30am



Special bus trip to see "The Nutcracker" at the Bushnell Belding Theater. Bus pickup at 11:30am, Show Time is

12:30pm. Tickets for center orchestra \$46. First come first serve for sign-ups.

November Craft Classes November 6th, 13th, 20th at 1:30pm



You can sign up for each craft class individually or all sessions for \$13 (a \$2 discount). No refunds as supplies will be ordered based on the number of

participants.

1—Mirror Etching Friday, November 6th at 1:30pm

Learn how to etch using a mirror provided and go home with your beautiful creation that can be used as a decoration or gift. \$5

2—Stamping/Painting a Serving Dish Friday, November 13th at 1:30pm

Perfect timing with the holidays coming! You will leave this class with your own one of a kind decorated serving dish. A variety of mediums will be available for use. \$5

3—Decoupage Jewelry Box Friday, November 20th at 1:30pm

Decoupage the provided jewelry box to reflect your personal style and taste. You will leave this class with a jewelry box to use at home or give as a gift. \$5

All classes are instructor led. Sign up early so you don't miss out!!

Senior Services Division Contact Information

Main Number:	(860) 638-4540
Fax Number:	(860) 343-5427
Senior Services E-mail:	Seniors@MiddletownCT.gov
Senior Services Website:	www.middletownct.gov/seniors
Acting Director:	Debbie Stanley (860) 638-4501
Senior Services Manager:	Ann Gregg (860) 638-4548
Senior Services Coordinator:	Heidi Geores (860) 638-4541
Senior Services Specialist:	Laura Runte (860) 638-4542
Municipal Agent / ADA Compliance Officer:	Laura Runte (860) 638-4542
Custodian/Program Aide:	John Marion (860) 638-4540
Night Custodian:	Billy Martinez (860) 638-4540
Bus Driver:	Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch:	CW Resources (860) 558-5285 (Brian)

Volunteer Club Meeting

Monthly volunteer club meeting will be held on November 18th at 11:30am.

Recurring Programs/Services

(F) = Free (\$) = Cost Associated

Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime (F)
Bingo—Wednesdays & Fridays at 1pm (\$)
Bocce—Anytime / Lessons Fridays at 9am (F)
Blood Pressure Clinic—Tuesdays 12:45-1:45pm (F)
Book Club—Last Monday of the month at 2:30pm (\$ for book)
Cable TV—Anytime (F)
Card Games—Thursdays at 12:30pm & Fridays at 1pm (F)
Ceramics—Mondays & Wednesdays at 12:30pm (\$)
Computers—Laptops are available for use anytime—Instruction usually provided 3rd Friday of the month 9-11 (F)
Cribbage—Fridays at 1pm (F)
Dancing for Joy—Mondays at 1:30pm (F)
Dominoes—Anytime & Mondays at 12:30pm (F)
Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)
Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)
Gardening—Thursdays at 9am or Anytime (F)
Hearing Screening—3rd Wednesday of the month 12-1 (F)
Knitting—Thursdays at 1pm (F)
Lending Library—Anytime (F)
Line Dancing—Thursdays at 2pm (F)
Mahjong—Thursdays 9am-12pm (F)
Massage Therapy—1st & 3rd Monday 9am-2:30pm (\$)
Meditation—Fridays at 11am led by Liz 11am (F)
Middletuners Chorus Practice—Wednesdays at 3pm (F)
Movies—Tuesdays at 12:30pm (F)
Oil Painting—Tuesdays at 1pm (F)
Ping Pong—Check Calendar in this newsletter (F)
Reflexology—By appointment (\$)
Sing-Alongs—Third Tuesday of the month at 12:30 (F)
Tai Chi—Mondays at 10:30am (\$)
Therapeutic Exercise—Tuesdays at 1:30pm (F)
Yoga—Wednesdays at 10am (\$)

Community Café Free Lunch Winner

Congratulations to our October winner, Joan Fazzino. Enter for a chance to win a free lunch, compliments of CW Resources.

September's Brain Teaser Winners

Anamarie Cook, Joan Fazzino, Stu Larabee, *Sue Larabee, Rosemarie Vecchitto & Priscilla Waite.

Congratulations to all of our winners. Please stop by the Center to pick up the November Brain Teaser.



Coffee with Ann November 12th at 11am

This monthly program is a chance to meet our manager and discuss any questions or suggestions for programs, events, and entertainment. All are welcome.



Medicare Open Enrollment Assistance

Enrollment Events by Appointment

- **Thursday, November 19th 9am-3pm**
- **Thursday, December 3rd 9am-3pm**

Certified CHOICES Counselor will meet with you one on one to help you complete your enrollment and answer any questions you might have

**Appointment is required.
Call 860-638-4540 to schedule.**

Senior & Community Ctr Guided Tours

If you haven't been to our center yet and would like a guided tour. We will be offering tours on 11/12 at 3pm and 11/18 at 2:30pm.

Transportation (860) 347-3313

Dial-a-Ride— The fare is \$2 one-way. At least 1 day advance notice needed and application on file. **Enhanced Dial-A-Ride**—60+ adults can get free transportation to the Center with reservations at least 1 day in advance.

Lunch Served Daily

Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The reservation line can only be answered from 10-12:30 Monday to Friday (excluding holidays). The suggested donation is \$2 per meal. Please call Brian, our café manager at 860-558-5285 for a reservation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Exercise 9:00-3:00 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy	3 9:00 Mohegan Sun Bus Trip 9:30 Bunco 9:30 Zumba (DVD) 12:00 Lunch 12:30 Movie in Socialization Room 12:30 Musical Entertainment by BluesGrass 12:45-1:45 Blood Pressure Clinic 1:00 Intermediate Oil Painting 1:00 Therapeutic Fitness**New Time**	4 9:00 Mohegan Sun Bus Trip 9:00-9:45 Exercise 10:00 Scrabble 12:00 Lunch 12:30 Ceramics 1:00 Ask An Attorney Program 1:30 AARP 3394 Membership Meeting 1:00 Bingo	5 9:00-12:00 Reiki 9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 2:30 Making Applesauce with Debbie	6 9:00 Bocce 9:30 Zumba (DVD) 9:30 Waffle Breakfast 11:00 Guided Meditation with Elizabeth**New** 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi-Purpose Room 1:30 Mirror Etching Craft Class
9 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 1:30 American Red Cross Presentation	10 9:30 Bunco 9:30 Zumba (DVD) 10:00 Clinton Outlets/Chips Pub Bus Trip 12:00 Lunch 12:30 Movie in Socialization Room 12:45-1:45 Blood Pressure Clinic 1:00 Intermediate Oil Painting 1:00 Therapeutic Fitness**New Time** 3:00 Apple Crisp Social	11 <div style="text-align: center;"> CLOSED FOR THE HOLIDAY  </div>	12 9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 11:00 Coffee with Ann 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:00 Name That Tune Bingo 2:00 Line Dancing 3:00 Guided Tour of Senior & Community Center	13 9:00 Bocce 9:30 Zumba (DVD) 9:30 December Bus Trip Sign-ups 11:00 Guided Meditation with Elizabeth**New** 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi-Purpose Room 1:30 Stamping/Painting a Serving Dish Craft Project
16 9:00 Exercise 9:00-3:00 Massage Therapy 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:30 November Birthday Party	17 9:30 Bunco 9:30 Zumba (DVD) 10:00 Christmas Tree Shop & Cracker Barrel Bus Trip 12:00 Lunch 12:30 Movie in Socialization Room 12:30 Sing-Along with Barbara 12:45-1:45 Blood Pressure Clinic 1:00 Intermediate II Oil Painting**New Class**	18 9:00-9:45 Exercise 9-3 Foot Care 10:00 Scrabble 10:00 Yoga 11:30 Volunteer Club Meeting 12:00 Lunch 12:00-1:00 Hearing Screening 12:30 Ceramics 1:00 Bingo 2:30 Guided Tour of Senior & Community Center	19 9:00-3:00 Medicare Open Enrollment Event by Appointment 9:00-12:00 Mahjong 10:00 Exercise 10:30 Game Shows 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 3:00 Early Bird Thanksgiving Dinner	20 9:00 Bocce 9-11 Computer Training 9-11 Manicures 9:30 Zumba (DVD) 10:30 Health Seminar—Immunizations 11:00 Guided Meditation with Elizabeth**New** 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00-4:00 Ping Pong Available 1:00 Card Games in Multi-Purpose Room

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<p>1:00 Card Games in Multi-Purpose Room 1:30 Decoupage Jewelry Box Craft Project</p>	<p>26</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>27</p> <p>CLOSED FOR THE HOLIDAY</p>
<p>1:00 Therapeutic Fitness **New Time** 2:00-4 Ping Pong Available 5:00 Autumn Dinner & Game Night</p>	<p>25</p> <p>NO Exercise Today 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00-4:00 Ping Pong Available</p>	<p>Happy Thanksgiving</p>
<p>9:30 Ikea & Fishtale Bus Trip 9:30 Bunco 9:30 Zumba (DVD) 12:00 Lunch 12:30 Movie in Socialization Room 12:45-1:45 Blood Pressure Clinic 1:00 Intermediate II Oil Painting **New Class** 1:00 Therapeutic Fitness **New Time** 2:00 Baking Pies with Ann 2:00-4 Ping Pong Available</p>	<p>24</p> <p>9:30 Ikea & Fishtale Bus Trip 9:30 Bunco 9:30 Zumba (DVD) 12:00 Lunch 12:30 Movie in Socialization Room 12:45-1:45 Blood Pressure Clinic 1:00 Intermediate II Oil Painting **New Class** 1:00 Therapeutic Fitness **New Time** 2:00 Baking Pies with Ann 2:00-4 Ping Pong Available</p>	<p>NOVEMBER</p>
<p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00 Pizza & A Movie 1:30-2:45 Dancing for Joy</p>	<p>23</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:00 Pizza & A Movie 1:30-2:45 Dancing for Joy</p>	<p>30</p> <p>9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:30 Book Club Meeting</p>

Please have your membership card with you whenever using the Senior & Community Center. We will be checking at all of our programs and classes. A current registration form on file is needed to obtain a membership card. If you don't have a card, please fill out a registration form immediately. Thanks for your cooperation.



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860-295-6440



November

3rd— Mohegan Sun (9-3) \$4

4th—Mohegan Sun (9-3) \$4

10th- Clinton Outlets & Chips Pub(10-3) \$3

17th—Christmas Tree Shop & Cracker Barrel Restaurant (10-3) \$4

24th— IKEA & FishTale (9:30-2:30) \$4

Bus Sign-ups for the December trips open on November 13th at 9:30am. Sign-ups are done by a lottery. Numbers are drawn at 9:30am. Only Middletown Residents who present their membership card and proof of residency or members who are Middletown taxpayers with proof of paid taxes can participate in the bus lottery.

Bus Trips

December

1st— Foxwoods (9-3:30) \$4

3rd— Gingerbread Fest. & Cracker Barrel (9:30-2:30) \$3

8th—Christmas Tree Shop & Chips(10-3) \$4

9th— Wadsworth Atheneum/Red Lobster (10:30-2:30) \$10

15th—Westfarms Mall (10:30-2:30) \$3

17th—Foxwoods Casino (9-3:30) \$4

22nd—Buckland Mall (10-2:30) \$3

29th—HomeGoods/Pier 1 & Fishtale (10:30-3) \$3

Autumn Dinner & Game Night Tuesday, November 17th at 5pm

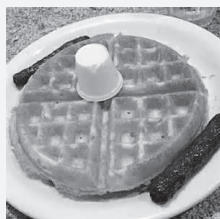


This month's night event features a pork roast, potato, green bean and apple sauce dinner and a night of board games. We will have available: Scrabble, Trivial

Pursuit, Bunco, Cards, Monopoly, Boggle, Parcheesi, and more! \$5 pre-registration required by 11/13.



Waffle Breakfast Friday, November 6th at 9:30am



This month's breakfast is a Belgian waffle with a side of sausage. \$2 and pre-registration is required. Sign-up deadline is 11/4 at noon.

Monthly Book Club November 30th at 2:30pm



This month we are reading "Extremely Loud and Incredibly Close" by Jonathan Foer. When his father is killed in the 9/11 attacks on the World Trade Center, Oskar sets out to solve the mystery of a key he discovers in his father's closet. \$3 for the book.



Apple Crisp Social Tuesday, November 10th at 3pm

Back by popular demand! Based on your feedback in October, we are running this Apple Crisp social again. Come socialize, have fun and enjoy a delicious apple crisp with vanilla ice cream. Music will be played. \$2 pre-registration by 11/6.



New Oil Painting Class Beginning November 17th

Intermediate Oil Painting II Class will begin on 11/17. Classes will run on Tuesdays at 1pm. Only canvas will be provided. Some oil painting experience is required. \$10 for this 8 week session. Pre-registration is required.

Making Applesauce with Debbie Thursday, November 5th at 2:30pm



Participate in this group activity to make homemade applesauce. You will be able to take home applesauce. \$2 and pre-registration is required.

Health Seminar—Immunizations Friday, November 20th at 10:30am

This month's health seminar instructed by Janet Leonardi, RN is on the importance of immunizations such as shingles, pneumonia, flu shots, etc.

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Sing-Alongs Led by Barbara Arafeh

Join Barbara for a fun
sing-along on November
17th from 12:30-1:30pm. No pre-
registration required. Come socialize, sing
and have fun! Sing-Alongs are the third
Tuesday of every month.

Dates: 11/17, 12/15

**November 16th
At 10:30am**



Games such as Jeopardy and Wheel of
Fortune will be played. The maximum
number of contestants each round is 20.
No pre-registration required. Prizes are
grocery items.

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